

Essentials to Wear and Carry

- Lots of water
- High-energy food
- Rain gear
- Hat, sunglasses with UV protection, sunscreen
- First aid kit
- Topographic map and compass/GPS
- Flashlight or headlamp
- Waterproof matches
- Pocket knife
- Sturdy footwear
- Whistle
- Common sense!

High Country Survival

- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Take sufficient time to acclimatize to the park's high altitude before doing strenuous hikes. Rest, drink lots of fluids (avoiding alcohol and caffeine), and start with short hikes.
- Stay together as a hiking party. Don't separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A hike in this environment requires good ankle support and a treaded sole.
- Pack extra water and snacks. Traveling in high elevations requires lots of water. Don't drink from streams or lakes without treating the water!
- Always take a rain parka; thunderstorms come up quickly.
- In the event of a lightning storm, get below treeline quickly.
- Weather conditions in Rocky Mountain National Park can change quickly. The wilderness, though beautiful, can be harsh. Expect snow, gusty winds and cold temperatures at any time.
- Do not rely on cell phones in Rocky Mountain National Park. Many locations in this rugged park have no service.
- Do not approach or feed wildlife.

Beware of Falling Trees

Falling trees are an ever-present hazard. When traveling or camping in the forest, trees can fall without warning. Be particularly watchful when it's windy, or following a snowstorm when branches are heavy with snow. Avoid parking or camping in areas where trees could fall.

Pets, Wildlife, Strollers

- No pets are allowed on trails; pets are permitted along roadways and parking lots, but must be on leashes no longer than 6 feet.
- In this area, strollers are permitted only on the nature trails around Sprague and Bear lakes, not in the backcountry.
- Strollers are allowed on park shuttles

**Park Information
Trail Ridge Road Status and
Bear Lake Road Reconstruction
Emergencies**

970-586-1206 or online at www.nps.gov/romo

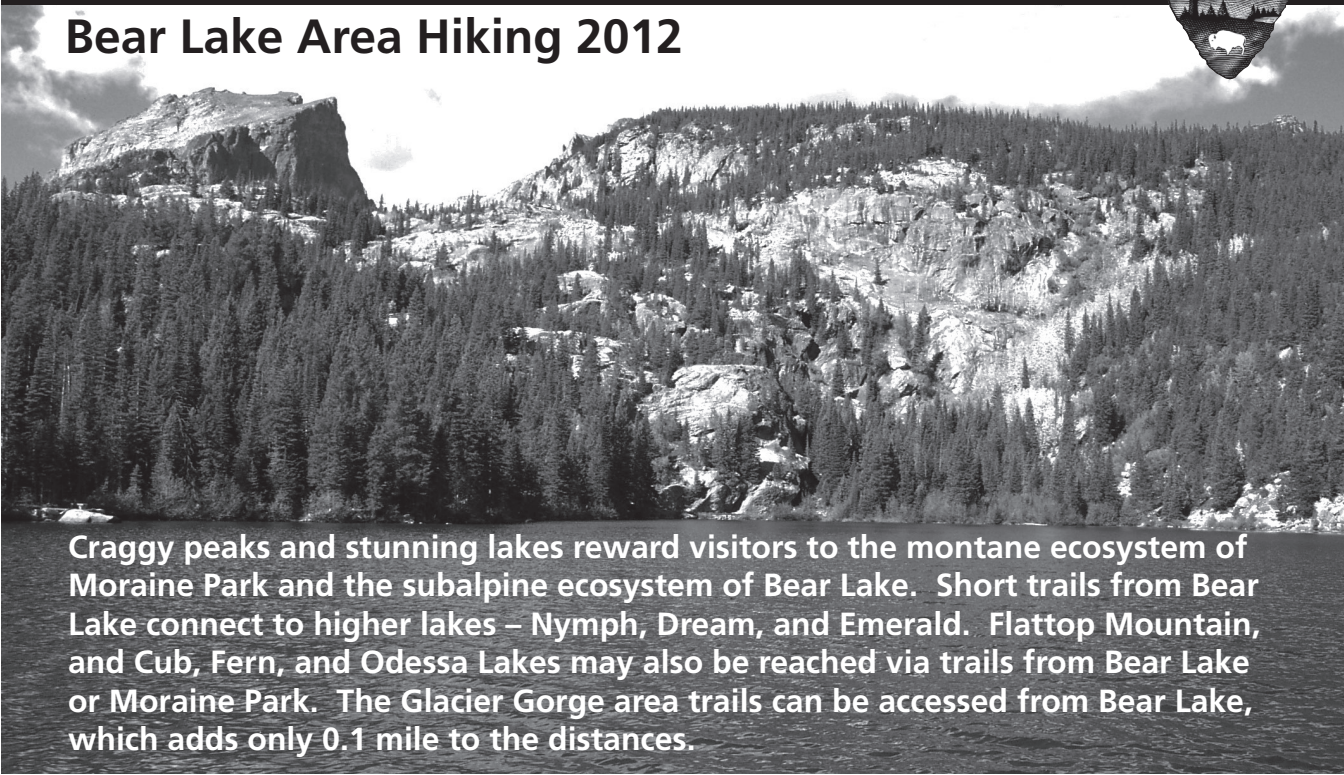
970-586-1222 (recorded & updated messages)

Rocky Mountain

National Park Service
U.S. Department of Interior
Rocky Mountain National Park



Bear Lake Area Hiking 2012



Craggy peaks and stunning lakes reward visitors to the montane ecosystem of Moraine Park and the subalpine ecosystem of Bear Lake. Short trails from Bear Lake connect to higher lakes – Nymph, Dream, and Emerald. Flattop Mountain, and Cub, Fern, and Odessa Lakes may also be reached via trails from Bear Lake or Moraine Park. The Glacier Gorge area trails can be accessed from Bear Lake, which adds only 0.1 mile to the distances.

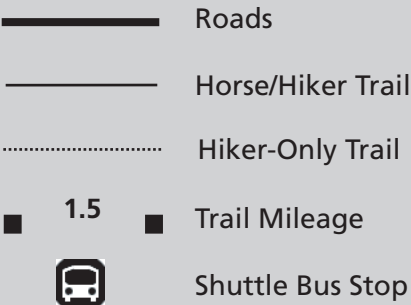
Shuttle Buses

Free shuttle buses operate through the summer along Bear Lake Road. Due to major road reconstruction, the standard routes have been modified. Please refer to your park newspaper, check at a visitor center, or access the park's website at www.nps.gov/romo for current bus schedules.

From May 29 through October 9, 2012, from 9 a.m. to 4 p.m., Bear Lake Road, from approximately one mile southwest of Moraine Park Visitor Center to Bear Lake, is accessible by free shuttle bus only, seven days a week. Private vehicles will be allowed both directions prior to 9 a.m. and after 4 p.m. Visitors in private vehicles who make the 9 a.m. cutoff time will be allowed to travel outbound throughout the day. All visitors, in private vehicles or shuttle buses, should expect at least two 20-minute delays both directions through the construction area.

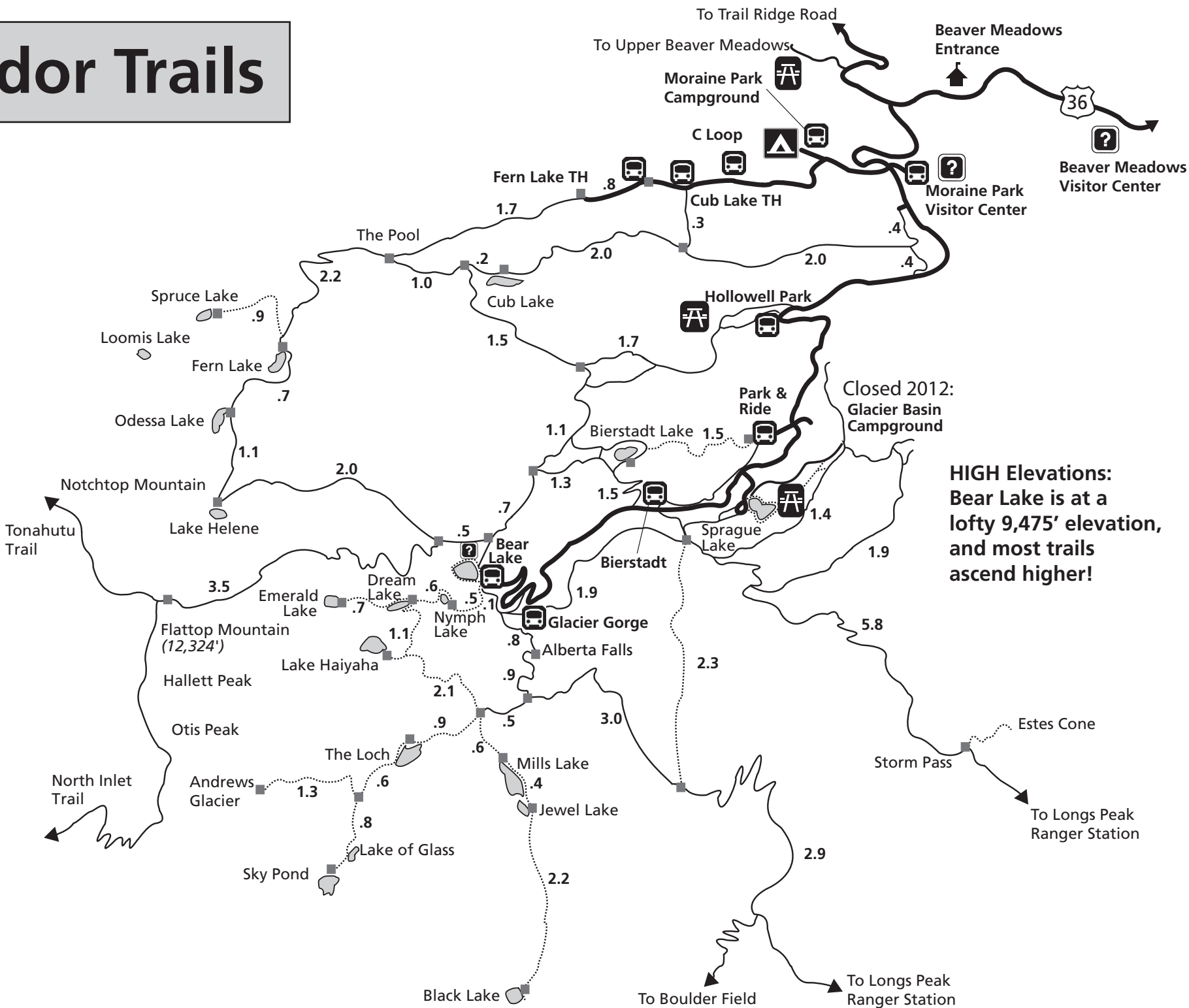
Bear Lake Corridor Trails

LEGEND



Destination	Miles	Gain (feet)
<i>(One way from nearest trailhead)</i>		
★ Alberta Falls	0.8	160'
Bear Lake Perimeter	0.5	20'
Bierstadt Lake	1.6	566'
Cub Lake	2.3	540'
Dream Lake	1.1	425'
Emerald Lake	1.8	605'
Fern Lake	3.8	1,375'
Flattop Mountain	4.4	2,849'
Lake Haiyaha	2.1	745'
★ Mills Lake	2.8	750'
Nymph Lake	0.5	225'
Sprague Lake	0.5	20'
★ The Loch	3.1	990'
The Pool	1.7	245'

★ All Glacier Gorge trails can be accessed from Bear Lake; add 0.1 mile to trail distance



HIGH Elevations:
Bear Lake is at a
lofty 9,475' elevation,
and most trails
ascend higher!